

HOW to LOVE

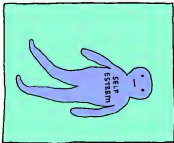
Dear Dorri's

How to deal with
Low self-esteem &
Loneliness?

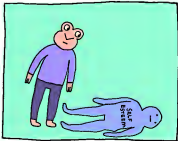
- word



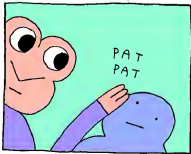
Take a good look at your
self-esteem



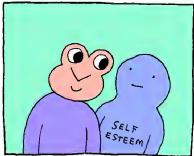
If it seems low,
it may just be a bit sad.



To cheer it up,
give it a nice pat



and spend some time
with it.



Helping others
will make you feel better



and you can solve both
your problems.

